

*"It's no use to go back to yesterday
because I was a different person then."*

LEWIS CARROLL, ALICE'S ADVENTURES IN WONDERLAND

IT'S BEEN SAID THAT WE CANNOT CHOOSE OUR FAMILY MEMBERS, BUT WHAT do you do when the drama they bring becomes more than you want to deal with? You hop on the train that will take you to the land of promise, an alluring place across the mountains, called British Columbia.

Looking for Normal is an account of two people, each struggling to leave the desperate and dysfunctional circumstances of life, to establish themselves in a completely different environment and location. It is a sometimes humorous, sometimes sobering, yet always intriguing true story of family drama, and love found in the midst of heartache, addiction, and mental illness. It takes us through the Depression Era of the 1930s, on through the War and Post-War years of the 1940s and '50s, to the Free Love of the 1960s and '70s.

Against all odds, Vincent and Frances find each other in the land of promise, and begin the adventure of creating a new and better family experience, one filled with laughter, hope, and undying love.

They find that family is not far behind, and through each new adventure of dysfunction, they create a lasting legacy of strength, hope, and love within their own children.

This is a heartwarming true story that will encourage all of us to look on the lighter side and enjoy all that life brings, to treasure our family regardless of the struggles.



Karen Harmon is a loving wife, mother, and community fitness expert. With a heart that is big beyond measure, she loves to see people prosper in life and in health, and works diligently toward that end. Everything she participates in carries her spirit of joy.
Karen is the daughter of Vincent and Frances.

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